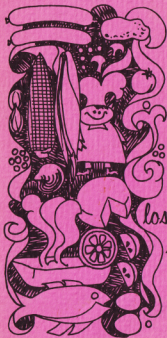


COOK in CLAY THE ROMERTOPF WAY



eat well
lose weight
stay slim

An introductory guide to
the use of the original...

ROEMERTOPF®

(ROMAN POT)

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Introduction

This booklet should really be called a re-introduction-or better yet, a reunion. Cooking in clay is quite easily thousands of years old, dating back to the archeological discoveries of man's cooking efforts unearthed in ancient Roman cities.

Yet it took a happy reunion of two former school chums in Frankfurt, Germany, in early 1970 to bring the modern reproductions of this ancient Roman pot to American kitchens.

When these two young women met again in Frankfurt, the hostess (now the wife of a German airline pilot) invited her guest, Mrs. Karl Bolle (wife of the owner of Trans-Ocean-Bridge, Inc., a Reston, Virginia, import firm) to dinner at her apartment. There they spent several hours chatting gaily about old friends and old times. But when Mrs. Bolle tasted the delicious meal, after having earlier observed her friend simply toss a chicken and a handful of vegetables into a strange-looking clay pot, all of which then went into the oven, she knew she had found a great new product.

The after-dinner conversation soon turned to recipes and the uses for this old-but-new cooking method. Rita Bolle's interest grew quickly. She located the source and soon the first shipment of the original Romertopf (Roman pot) was on its way to America.

Who knows? If the lost continent of Atlantis ever rises again to the surface, it is quite likely that traces of this form of cooking will even be found in those long-submerged kitchens. In the meantime, we can take delight in the good-tasting, wholesome cooking provided by these modern clay versions of the ancient Roman pots.

Since this method may seem new to most of you, we will present a basic course in clay pot cooking. Here is where we have a pleasant surprise. Unlike learning Latin, often a painful and not easily forgotten memory of the Roman era, the Roman pots are easy to master and a joy to use. For those who still remember, you will soon be saying: "amo, amas, amat...Romertopf!"

General Information

Cooking in clay has been known and used for centuries. The most primitive example of cooking in clay still used by campers today is that of encasing a freshly caught fish in mud scooped from the stream bed. After the mud/clay has dried slightly, the coated fish is placed in the campfire coals to bake. When it is removed from the fire after an hour or two, the rock-hard coating is peeled away, taking the scales and skin with it. Left is a delicious meal for the outdoorsman. This simple principle is the basis for the Romertopf method.

Rather than use wet clay, since most of us do not enjoy a stream in our backyard, we use a manufactured pot. But the secret of the Roman pot is in the special porous clay. This clay is carefully molded and then fired at a high temperature. The result is a sturdy, long-wearing pot similar to stoneware that you may enjoy using for many years.

The Romertopf pot is unglazed. The reason for the rough, open surface is to allow complete breathing during the cooking process. Before using the Roman pot, you simply soak both base and cover in water for ten minutes. This we call "watering the pot". It is essential to the process, as it permits the clay to absorb moisture which seals the pot during cooking, and also prevents sticking of food to the pot.

There is no need for the addition of oils, water, or fat to cook the food. This is especially good news for dieters. The meat, fish, poultry, and vegetables stew in their own juices, thus insuring the wholesomeness of the dish as well as making it more easily digestible. All the nutrients and flavors are retained in their natural form. And for those not concerned primarily with dieting, the addition of butter or wine or any favorite seasoning will truly delight you. The natural cooking process opens the meat and drives the flavor completely through the fibres.

The cook merely seasons the food to personal taste and places the watered pot in the oven. Time and temperature do the rest.

General Information (con't)

Another important rule in addition to watering the pot, is to start with a cold oven. Because of the slow, steady build-up of temperature, the flavor and taste are greatly improved. (If it is not possible to start a particular dish from a cold oven, remember to subtract a few minutes from the cooking time.)

You will notice the temperatures used are high. Most meat dishes cook at about 450°F. This allows for browning even though the pot is always closed.

Vegetables prepared in the Roman pot are particularly delicious. Prepare them in your usual way, either washed or peeled, sliced or whole. The true flavor and nutrition will remain in the food.

If extra browning is desired, as in poultry, just remove the top of the Roman pot from the oven five minutes early. If you have a broiler coil or burner in your oven, switch to broil and brown to desired degree of crispness.

After you have finished serving from the pot, just place it in the sink to soak. Afterward scrub it out with a good kitchen brush with stiff bristles. Remember to rinse the pot thoroughly.

Between uses, always nest the top in the bottom; do not store with the cover in the cooking position. This allows the pot to breathe.

The Romertopf can be found in several sizes, thereby filling the needs of any family. The smallest size is ideal for an ample dinner for two; the largest for a roast or turkey to feed ten or more.

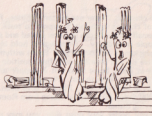
Recipes and instructions in this book are simply a guide to get you started. Soon you will be making your own variations.

Roman Hot Dogs

We would like to say this was a favorite dish of the gladiators before entering the arena. We can't, since hot dogs had not been invented then. Moreover, the gladiators were probably too nervous to eat. Maybe a little like the first time you used your new Roman pot? Roman Hot Dogs are a great way to "break in" the pot and get used to this old-but-new method of cooking in clay.

2 Pkgs. All Meat Hot Dogs

Water the pot for ten minutes. Place hot dogs in pot. Sprinkle parsley if desired. Cover pot and place in cold oven. Bake at 450° F for 30 minutes.



If you prefer all beef franks, try a few pats of butter over the franks for added flavor.

This makes a delightful appetizer for cocktails. Just leave everything in the pot, cut franks into bite-size pieces, and serve with toothpicks and napkins. As a quick meal (or an economical but healthful one) we suggest adding a tossed salad, applesauce, Boston baked beans, and your favorite condiments. These other items can be prepared while the Roman Hot Dogs are in the oven, and the whole meal goes on the table in 40 minutes flat.

Chicken Carolina

Serves 6 - 8

3½ lb. chicken
Onions
Potatoes
Carrots
Celery
Apple
Olive oil
Paprika
Salt
Pepper
Wine (white)



Wash chicken. Water pot for ten minutes. Rub inside of chicken with salt & pepper to taste. Place two small whole onions and one peeled and sectioned apple into cavity. Truss legs to hold in place. Put chicken in bottom of pot. Brush with mixture of olive oil and paprika, with final position breast down in pot. Spice with salt & pepper to taste. Add one cup wine to pot. Place potatoes, celery, carrots around chicken. Place in cold oven. Bake at 480° F for 90 minutes. Serve from Roman pot or serving dishes.

As many prefer very crisp skin, you may remove the pot from the oven after 80 minutes. Take the vegetables out, pour the drippings into a saucepan for gravy-making, return the chicken (in the pot) to the oven for crisping.

Chicken Gravy

Juices from Chicken Carolina
Flour paste
Condensed milk or cream

Drain mixture of remaining white wine and chicken drippings from Roman pot. Add flour paste to thicken, over medium heat, then small amount condensed milk. Gravy made this way is less likely to lump, and has unusually good flavor.



Chicken Forensia

Prepare in same way as Chicken Carolina eliminating apple and onions inside cavity.

Prepare a stuffing of meat loaf, minced meat, or rice. Stuff chicken and sew it up. Bake at 480° F for 120 minutes.

Lamb Roast Mary Ellen

2½ lb. Leg of Lamb

Water the pot. Rub salt, pepper & garlic over lamb to taste. Sprinkle with nutmeg. Place in watered pot. Cover lamb with thin strips of bacon. Add several small onions, carrots to pot. Cover pot and place in cold oven. Bake at 480° F for two hours.

Don't forget the mint jelly!



Roast Beef



Serves 6 - 8

3 lb. Roast (of your choice)

Potatoes

Carrots

Onions

Celery

Parsley

Bay leaf

Season roast with salt & pepper and place in watered pot. Add carrots, potatoes, onions, celery around roast. Sprinkle with parsley and top with bay leaf. Cover and place in cold oven. Bake at 480° for 90 minutes for well done - 40 minutes for rare. The degree of doneness will vary according to the oven and your individual taste. The above will give a medium rare to medium roast.

One observation worth mentioning is that the meat will have a much different texture than a similar roast done in an open pan. The self-basting and steam effects make a tender roast out of a normally tough one. This applies to any meat since the moist heat softens and permeates the fibres.

Meat Loaf

Most good cooks have a favorite meat loaf recipe which has been practiced and perfected. While testing this recipe and discussing it with various ladies of the kitchen we know, as many variations came up as there were ingredients in their own "personal" recipes. We show it here to illustrate a basic meat loaf; to remind you the pot does a marvelous job.



1½ lb. mixed meat
2 eggs
1 onion - large
Salt
Pepper
Lemon peel shavings
2 oz. fat bacon
1 tablespoon flour
1 roll

Water pot for ten minutes. Soak roll in water, squeeze excess water out. Mix eggs, meat, onion, spices & roll in mixing bowl. Form into loaf shape. Place in the watered pot. Cover with thin slices of bacon. Cover pot. Bake at 450° F for 75 minutes. When done, remove from pot. Add small amount of water to pot to loosen drippings, transfer to saucepan for gravy making. Add flour and some condensed milk, stir over medium heat.

Vegetables may easily be added to this dish at the beginning. Place peeled potatoes, carrots & onions as desired around loaf.

Turkey



This is a bit unusual, as most German farmers keep turkeys around the barnyards for pets, not for eating. They favor the ducks and geese when a large fowl is scheduled for the dinner table. But the Pilgrims started the trend in America for us, and we find one medium 14 lb. bird fits the large Roman pot nicely.

12 lb. turkey
Salt & pepper
2 tablespoons butter
1 pt. beef bouillon

Water the pot. Wash turkey inside and out. Rub salt & pepper inside and out to taste. Place two tablespoons butter in bottom of pot. Place turkey in pot. Add 2 cups beef bouillon. Bake at 480° F for 150 minutes. Remember to baste the bird every thirty (30) minutes.

Trout Reston

Some day you may be fortunate enough to either catch or be given some fresh trout. It may result in two choices: cook it now or freeze it. This recipe works better with fresh fish, but frozen is almost as good.

2 trout
2 tablespoons butter
2 cups white wine
½ lemon (juice)
1 small can mushrooms
1 small onion
4 tablespoons cut parsley
4 tablespoons bread crumbs
4 tablespoons grated cheese
Salt
Pepper



Water the pot for ten minutes. Clean trout. Rub generously inside and out with butter. Place in watered pot. Pour lemon juice over fish. Pour wine over fish. Mix sliced onion, mushrooms, parsley, cheese & bread crumbs together and pour over fish. Salt & pepper to taste. Top with thin slices of butter if desired. Close pot and place in cold oven. Bake at 450° F for 45 minutes. If you wish to brown the fish, remove cover for additional five minutes or until brown.

You might add several small peeled potatoes to the pot just before placing in oven if this vegetable is desired.

You will be most anxious to have fresh fish again after trying this formula. There is no comparison. This was proven in the Reston, Virginia, test kitchens where so many new and exciting Roman pot recipe variations are developed by our international staff.

Fish Fillet

The variations on this recipe are countless. We will use a simple and inexpensive example to start. This one can be whipped up at a moment's notice, when the need to be entertaining and prepare a meal arrive simultaneously. All you need is a freezer with two packs of frozen fish fillets.

Serves 4 - 6

2 Pkgs. frozen fish fillet
Butter
Salt & pepper
1 lemon
Condensed milk
Cherry tomatoes
Peeled potatoes
Celery strips
Carrots
Capers (to taste)
Parsley



Place layer of fillets on bottom of watered pot. Squeeze lemon juice over fish first. Layer with flat chunks of butter. Add salt & pepper to taste. Cover with second layer of fillets. Add lemon juice. Top with another layer of butter, salt, pepper & two tablespoons condensed milk.

Place cherry tomatoes on fish, potatoes around sides, celery strips, carrot chunks. Sprinkle with parsley & capers. Place in cold oven. Bake at 450° F for one hour.

The lemon is sprinkled over the fish prior to baking to help flavor and to hold the cooked fish together when serving.

Corn on the Cob

While using the Roman pot on various meat dishes, we had not considered the possibility of using it for straight vegetable preparations. But when a kind neighbor drops by with fresh corn on the cob, try this for a change.

Water the pot for ten minutes. Place husked and washed ears into the pot. Cover the pot. Place in cold oven and bake at 450° F for 25 minutes. If you fill the pot full; e.g. above the lip of the bottom half, add five minutes to the time. When time is up, remove cover and serve. A variation is to brush the ears with butter and salt before placing in pot. The flavor is improved and it eliminates the sometimes time-consuming and messy application at the table

The secret to the Romertopf flavor is simply that the usual process of boiling corn in water dissolves the flavor elements as well as some nutrients, while the steaming/roasting action does not remove anything.

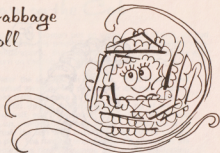


Brussels Sprouts

- 1½ lb. Brussels Sprouts
- 3 tomatoes, peeled
- 2 onions, sliced
- Salt & pepper (optional)
- Nutmeg
- 1 tablespoon butter
- 1 cup water
- 2 tablespoons canned milk
- 1 tablespoon flour

Water pot. Place cleaned Brussels Sprouts with quartered tomatoes and onion rings (mixed) into pot. Sprinkle with nutmeg to taste. Add water. Dot with butter. Bake at 400° F for 30 minutes. Remove from oven, remove cover, blend milk and flour with juices for gravy sauce.

Cabbage Roll



Boil white cabbage for 15 minutes in slightly salted water.

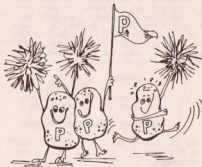
Prepare stuffing of 1 lb. mixed meat ($\frac{1}{2}$ lb. ground beef & $\frac{1}{2}$ lb. ground pork), 1 roll, 1 egg, 1 medium onion, salt, pepper & nutmeg to taste.

Use two leaves of cabbage for each roll. Roll up part of stuffing into each pair of leaves, tie with light string to hold closed. Place rolls in watered pot. Place four to six tomatoes around rolls. Cover pot. Place in cold oven and bake at 480° F for 70 minutes

Roman Pot - Jacket Baked Potatoes

Water pot. Put as many washed, unskinned potatoes as the pot holds without mounding into "Romertopf". Cover with lid and put in oven. Bake at 450° F for 30 minutes.

This method is much quicker than is given for jacket roasted potatoes and the flavor is considerably enhanced.



Basic Mushroom Vegetable Dish

1½ lb. mushrooms
1 onion
1 tomato
1 tablespoon butter
1 tablespoon flour
½ cup sour cream
½ lemon (juice)
½ teaspoon salt
⅛ teaspoon pepper
1½ oz. cognac
1 tablespoon cut parsley

Water the pot for ten minutes. Slice both onion & tomato and place with mushrooms into watered pot. Melt butter in saucepan over low heat. Stir in the flour, salt & pepper. Gradually add the sour cream, lemon juice & cognac until blended. Pour over contents in pot. Pat with butter, sprinkle parsley over all. Close pot. Place in cold oven and bake at 400° F for 45 minutes.

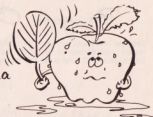
Options:

Half the quantity of mushrooms, and use sliced carrots for remaining half.

Add slices or chunks of left-over meat.



Baked Apples Agrippina



This recipe is quite simple to prepare and the results are truly great! It was once used on a television show and won great praise for visual appeal. Too bad we have yet to develop "tastavision" for this sort of demonstration.

8 - 10 apples
Sugar
Cinnamon
Raisins
Chopped nuts
Butter
½ cup white wine
1 tablespoon rum

Water the pot for ten minutes. Wash and dry apples. Remove cores. Seal bottom hole with small pat of butter. Pour into each cavity an equal amount of sugar, raisins, finely chopped nuts with some cinnamon. Top with small pat of butter. Pour wine and rum into pot over apples. Set apples in bottom of pot. Cover pot. Place in cold oven and bake at 480° F for 30 minutes. Get ready for a most unusual treat.

Beggars' Chicken

Last but not least, why not try a Chinese Speciality. This recipe was presented to us by Moy Oriental Kitchen in Washington, D.C. and proved to be an outstanding success.



- 3-4 lb fryer or a capon
- 1 tsp sesame oil
- 1 Tbsp Sherry (dry)
- ¼ tsp Szechuan pepper
(flower pepper-toasted
and ground)
- ¼ tsp 5 spices (Chinese
spices) also known as
aromatic spices
- 1 clove garlic-chopped
fine or put through a
garlic press
- ¼ c light soy (Chinese)
- ¼ tsp grated (fresh) ginger
root
- 1 tsp salt

Mix all the spices together and marinate the chicken with the mixture for at least ½ hr. before cooking. If possible, place some of the marinate under the skin of the chicken. Soak the clay pot in water 10 minutes before cooking. Bake in the oven at 450° F. for 45 minutes. Remove from the oven, place the chicken on a dish to cool. Save the liquid for gravy. You may thicken it with a ½ tsp of cornstarch. Cut the chicken into small bite size pieces. Pour the sauce over and serve hot. Serves 4-6 people.

We know many of you will soon come up with different ideas and recipes for use in the.....

ROEMERTOPF®

If you feel you have a special recipe that should be included in our next publication of recipes, send it to:

TRANS-OCEAN BRIDGE INC.
Charlie of Romertopf Kitchens
Box 386
Reston, Virginia 22070

For each recipe published, a certificate for a Romertopf will be awarded the person submitting it, with our compliments.

Good products are copied often, and so will the "Romertopf". Therefore watch that the following conditions are fulfilled when you buy a "Clay Pot"

Handy form. It should be possible to lift the cover easily.

- Inscription. "Romertopf" has to be on the cover.
- Neither the base, nor the lid should have ridges on the inside. It would make cleaning difficult.
- The corrugated bed, raising the food out of the juice allows even browning and avoids sticking and burning on the bottom.
- Look for the seal of approval by the Institute of Good Housekeeping.

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